

30-DAY CALISTHENICS WORKOUT PLAN FOR BEGINNERS

Week 3 (Strength & Endurance)

Add an extra round to each workout.

Hold planks & wall sits for 50 sec.

Aim for controlled, slower reps for better muscle engagement.

Day 9 - Full Body (4 Rounds)

Squat Jumps - 15 reps

Push-ups - 12 reps

Single-leg Glute Bridge - 10 reps (each side)

Side Plank (each side) - 30 sec

Mountain Climbers - 30 sec

Day 10 - Upper Body & Core (4 Rounds)

Dips on a Chair - 10 reps

Superman Extensions - 15 reps

Hanging Leg Raises (or Knee Tucks) - 12 reps

Russian Twists - 20 reps

High Knees - 30 sec

Day 11 - Lower Body & Cardio (4 Rounds)

Pistol Squats (assisted) - 8 reps (each leg)

Wall Sit - 50 sec

Heel Walk (for calves) - 20 steps

Bicycle Crunches - 15 reps (each side)

Skater Jumps - 10 reps (each side)

Day 12 - Rest / Active Recovery

Week 4 (Challenge Phase)

Increase intensity & reps (aim for 4-5 rounds).

Add explosive movements where possible.

Hold planks & wall sits for 60 sec.

Day 13 - Full Body (5 Rounds)

Squat Jumps - 20 reps

Push-ups - 15 reps

Single-leg Glute Bridge - 12 reps (each side)

Side Plank (each side) - 40 sec

Burpees - 10 reps

Day 14 - Upper Body & Core (5 Rounds)

Dips on a Chair - 12 reps

Archer Push-ups - 8 reps (each side)

Hanging Leg Raises - 15 reps

Plank to Shoulder Tap - 15 reps

High Knees - 40 sec

Day 15 - Lower Body & Cardio (5 Rounds)

Bulgarian Split Squats - 12 reps (each leg)

Wall Sit - 60 sec

Calf Raises - 25 reps

Reverse Crunches - 15 reps

Jump Lunges - 12 reps

Day 16 - Rest / Active Recovery

Week 1 (Foundation Phase)

Day 1 - Full Body (3 Rounds)

Squats - 15 reps

Knee Push-ups - 10 reps

Glute Bridges - 12 reps

Plank - 30 sec

Jumping Jacks - 30 sec

Day 2 - Upper Body & Core (3 Rounds)

Incline Push-ups - 12 reps

Superman Hold - 30 sec

Leg Raises - 10 reps

Side Plank (each side) - 20 sec

High Knees - 30 sec

Day 3 - Lower Body & Cardio (3 Rounds)

Step-ups (on a chair) - 12 reps (each leg)

Wall Sit - 30 sec

Calf Raises - 15 reps

Bicycle Crunches - 10 reps (each side)

Butt Kicks - 30 sec

Day 4 - Rest / Active Recovery

Week 2 (Progression Phase)

Increase reps by 2-5 and hold times by 5-10 sec.

Replace knee push-ups with regular push-ups if possible.

Day 5 - Full Body (3 Rounds)

Squats - 20 reps

Push-ups - 10 reps

Hip Thrusts - 12 reps

Plank - 40 sec

Jump Rope / Jumping Jacks - 30 sec

Day 6 - Upper Body & Core (3 Rounds)

Elevated Push-ups - 12 reps

Superman Reaches - 10 reps

Hanging Knee Raises (if possible) - 10 reps

Russian Twists - 15 reps (each side)

Burpees - 5 reps

Day 7 - Lower Body & Cardio (3 Rounds)

Bulgarian Split Squats - 10 reps (each leg)

Wall Sit - 40 sec

Calf Raises - 20 reps

Reverse Crunches - 12 reps

Jump Lunges - 10 reps

Day 8 - Rest / Active Recovery